

The Flu and your Pregnancy



1 Flu is Serious

Take illness seriously when you are pregnant. The 2009 H1N1 flu can cause severe complications for pregnant women.

At first sign of illness or if you come in contact with someone who has the flu, contact your doctor immediately. Effective treatment is available.

Avoid close contact with sick people.

Cover your cough and sneeze with a tissue.

Wash your hands thoroughly and often, and use hand sanitizer when hand washing is not an option.



2 Vaccines Work

The CDC strongly recommends pregnant women receive the 2009 H1N1 flu vaccine and seasonal vaccine. Pregnant women are a high priority group for both vaccines.

It is safe to receive both vaccines. Please get both a seasonal flu shot and a 2009 H1N1 flu shot when they are available in your community.

A vaccinated mom extends protection to her unborn child. And a vaccinated mom provides protection to all other children and family members in the home.



3 Breastfeeding your baby

Your breast milk provides important antibodies that help keep your baby from getting sick. Antibodies help fight infection.

Flu spreads through close contact. Your breast milk will not give your baby the flu but breastfeeding is considered close contact.

If you are sick, pump your milk for bottle feedings and ask someone who is healthy to feed your baby. If that isn't possible, wear a mask while you breast feed and care for your baby.

The 2009 H1N1 flu virus puts pregnant women at risk for severe complications.

For more information or vaccine locations, please call Arizona Flu Hotline at:

877-764-2670

www.StopTheSpreadAZ.org

